

**IN THE CLAIMS:**

Please amend the Claims, as follows:

1. Cancelled.

2. (Previously Presented) The device of claim 8, wherein said weight is attached to said forearm section by a pocket, located contiguous to said forearm section, said forearm section receiving and holding said weight.

3. Cancelled.

4. Cancelled.

5. (Previously Presented) The device of claim 8, further comprising a fastening member wherein said fastening member comprises one or more adjustable straps that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

6. (Previously Presented) The device of claim 8, further comprising a fastening member wherein said fastening member comprises one or more zippers that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

7. (Previously Presented) A device as in claim 8, wherein said glove section comprises tubular closed-ended finger receiving members.

8. (Previously Presented) A device for conditioning arms and upper body muscles of a user, comprising:

(a) an unweighted glove section,

(b) a forearm section, said glove and forearm sections comprising one or more pliable members,

(c) a weight comprising a plurality of weights located, attached to or integrated with said forearm section, said weight comprising a plurality of objects enclosed by a pliable material, such that said weight is flexible and is able to conform generally to the shape and dimensions of the wearer's wrist, wherein said weight encircles the wearer's wrist and said plurality of objects consists of iron sand or some similarly dense material; and

(d) a securement band extending around said weight.

9. (Currently Amended) A device as in claim 8, wherein said securement band is planar and ribbon-like in configuration, extending around said weight ~~extends flexibly and elastically~~ around said weight.

10. (Currently Amended) A device as in claim 9, further comprising:

(e) a planar and ribbon-like elastic forearm securement strap disposed on said forearm section, said weight being positioned between said forearm securement strap and said glove section.

11. (Previously Presented) A device as in claim 8, wherein said forearm section is of a length sufficient to extend from said glove section over less than half of the forearm of a user .

12. (Previously Presented) The device of claim 8, further comprising a fastening member wherein said fastening member comprises one or more adjustable straps that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

13. (Previously Presented) A device for conditioning arms and upper body muscles comprising:

(a) an unweighted glove section,

(b) a forearm section, said glove and forearm sections comprising one or more pliable members;

(c) a weight comprising a plurality of weights located, attached to or integrated with said forearm section, said plurality of objects being iron or some similarly dense sand enclosed by a pliable material, such that said weight is flexible and is able to conform generally to the shape and dimensions of the wearer's wrist, wherein said weight encircles the wearer's wrist; and

(d) a fastening member, said fastening member comprising at least one adjustable strap that extends around said weight, whereby said weight is comfortably and securely secured to the wrist of a user.

14. Cancelled.

15. (Currently Amended) A glove for conditioning arms and upper body muscles of a user, the glove comprising:

a hand section defining a plurality of fingers for receiving the fingers of a user wearing the glove; and

a forearm section being connected with the hand section and including at least four one-flexible chambers that supports each of which contains a plurality of weight members in a number sufficient to form a unitary body within their respective chambers, which unitary body substantially conforms to the shape of the wrist of the user wearing the glove, the at least four one weighted flexible chambers together encircling a wrist of the user, said flexible chambers being arranged in such a fashion that there are a plurality of chambers along both the axial and circumferential expanse of said chambers, said flexible chambers being configured to conform to the shape of the wrist and permit movement of a hand and the wrist of a user.

16. (Currently Amended) The glove of claim 15, wherein a first planar ribbonlike and elastic strap extends around said the forearm section includes a plurality of flexible chambers that are configured to conform to the shape of causing said flexible chambers to bear against the wrist and permit movement of a hand and the wrist of a user.

17. (Currently Amended) The glove of claim 16, wherein a second planar ribbonlike and elastic strap extends around the forearm, and wherein the flexible chambers are disposed in a contiguous orientation about the wrist between said hand section and said the second strap.

18. Canceled

19. (Currently Amended) The glove of claim 17 +5, wherein the weights includes comprise iron sand that is configured to conform to the shape of the wrist and permit movement of the hand and the wrist.

20. Canceled

21. (New) A device for conditioning arms and upper body muscles of a user, comprising:

(a) an unweighted glove section comprising a plurality of closed finger sections,

(b) a forearm section, said glove and forearm sections comprising one or more pliable members,

(c) a weight comprising a plurality of weights located, attached to or integrated with said forearm section, said weight comprising a plurality of objects enclosed by a pliable material, such that said weight is flexible and is able to conform generally to the shape and dimensions of the wearer's wrist, wherein said weight encircles the wearer's wrist and said plurality of objects consists of iron sand or some similarly dense material; and

(d) a securement band positioned and configured to extend around the wrist of a user, said weight being positioned between said securement band and said unweighted glove section.